



rural spotlight

Tick Bite Prevention Basics

Easy, effective prevention is the key message the Missouri Department of Health and Senior Services (DHSS) is sending to Missourians during the warm weather this spring and summer to emphasize and underscore the risk of tick-borne disease and the importance of prevention.

Missouri has seen a 300 percent increase in tick-borne disease reports since 2003. In a heartbreaking reflection of this trend, two Missouri pediatric patients died in 2007 from ehrlichiosis, a tick-borne disease.

Missouri ticks can carry a variety of microorganisms that can cause serious or even deadly disease. While not all ticks carry these microorganisms, and not all tick bites lead to illness, learning and following simple but effective prevention measures is the best way to avoid tick bites that could lead to illness.

A common misconception about ticks is that they are only found out in the countryside in deep woods, pastures, or thick brush. However, ticks are



probably closer than most people think and can be found in the yard of an average home, as well as in bushes and leaf litter around the property. This makes it important for anyone spending time outdoors to learn how to prevent tick bites, especially families with children who play outside.

Though tick-borne diseases can become serious if left untreated, there is no reason for people to dramatically change their lifestyles or panic if they find a tick attached to themselves or their child. By following some very easy but effective prevention measures, people can protect themselves against tick-borne disease and enjoy Missouri's outdoors through the warm weather months.

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A publication of the
Missouri Department
of Health
and Senior Services

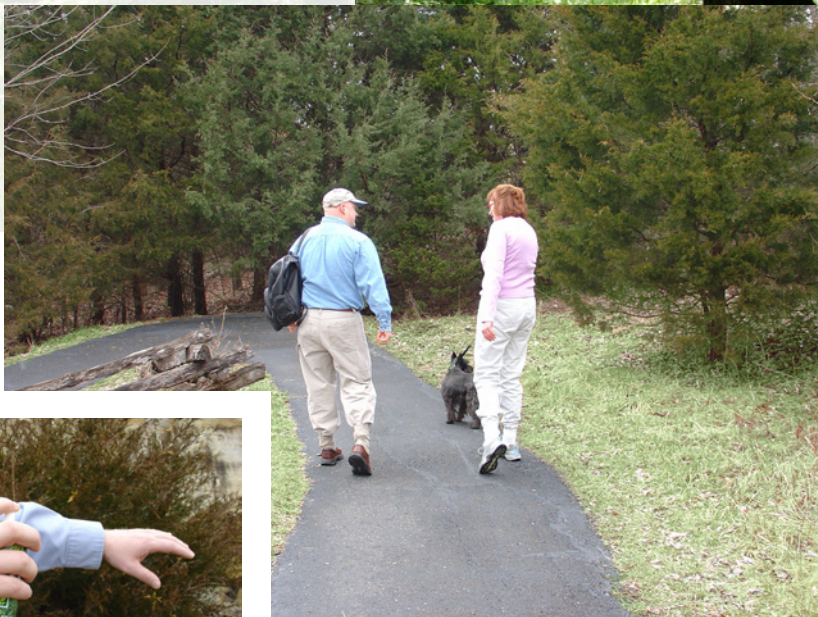
Tick Bite Prevention Basics

■ **Reduce tick habitat around the home and avoid heavy brush and tall grass elsewhere** – keep the lawn cut short and cut back tall grass and brush from around the property. When enjoying the outdoors, stay to the center of trails and avoid walking through tall grass or brush.

■ **Keep ticks off your skin** – before spending time outdoors, apply a repellent that contains 20 – 50 percent DEET, and read the label to make sure you are using it correctly. The American Academy of Pediatrics recommends using repellents containing a concentration of 30% DEET or less on children over 2 months old. Wear long sleeved shirts tucked into pants, and tuck pants into your socks or boots.

■ **Perform tick checks** – After being outdoors, even in your own yard, check yourself, children and other family members every two to three hours for ticks. Look at their clothes and run your fingers over scalp and skin, looking for small bumps or new “moles”, and check hair, ears, and underarms. At night, before bathing and bed, use a hand-held or full-length mirror to view all parts of your body.

■ **Promptly remove attached ticks** – Using a pair of fine-tipped tweezers, grasp the tick by the head or mouthparts right where they enter the skin. DO NOT grasp the tick by the body. Without jerking, pull firmly and steadily directly outward. DO NOT twist the tick out or apply petroleum jelly, a hot match, dish soap, or any other irritant to the tick in an attempt to get it to back out. Place the tick in a small container of alcohol to kill it and later discard in the trash. Clean the bite wound with soap and water and apply a commercial topical antiseptic. If a portion of the mouthparts of the tick remains embedded in the skin, it is not necessary to “dig” it out – cleansing and disinfecting of the tick bite site is all that is recommended.



For more information about ticks and tick-borne disease and to order free educational posters, bookmarks, and brochures, go to:

www.dhss.mo.gov/TicksCarryDisease/Prevention.html.

An Advance Health Care Directive Can Be Your Voice

Some accidents are severe enough that you're left incapacitated. How will caregivers know your wishes? An advance health care directive can answer those questions without placing unnecessary stress on your loved ones.

The Missouri Department of Health and Senior Services has joined with the Missouri End-of-Life Coalition and community organizations throughout the state to urge people to take the time now to decide who will make critical medical decisions for them if they are unable to speak.

Visit www.caringinfo.org for information about advance directives and many other topics.



Peer Exercise Program Promotes Independence (PEPPI):

The Office of Primary Care and Rural Health is offering free "Train-the-Trainer" classes for starting PEPPI programs in communities, senior citizen facilities, hospitals, nursing homes, exercise centers, etc. PEPPI is a physical activity program directed at senior populations which uses exercise bands to promote increased strength, endurance, balance and coordination. The exercises can be performed standing or sitting. Trainings will be provided by Barry Backer for anyone wanting to become an instructor for the program including community leaders, restorative aides, activity directors, heads of nursing, and who will guarantee to hold weekly scheduled classes. An initial "Train-the-Trainer" training session usually takes about two hours to complete. All materials, including exercise bands and manuals, will be provided free of charge for the "Train-the-Trainer" training session and participants of the trainer's classes. To schedule training or obtain more information, please contact Barry Backer at barry.backer@dhss.mo.gov or 1-800-891-7415.

Missouri's Next Generation Jobs Team

Are you interested in a career in one of the many growing health care sectors? Missouri's Next-Generation Jobs Team is committed to helping youths and young adults, ages 16 to 24, who want to make the most of this summer as an opportunity to explore the next generation of 21st-century industries.

Under this free program, we will help you get a summer job in a health care related field that can give you extra money while you learn a new skill. Or if you'd prefer, we will help match you with an internship that will give you real-world experience in one of the high-tech, high-growth medical jobs of the future.

The Next-Generation Jobs Team is the perfect way to get a head start over the competition for the job you desire, even before you graduate. Submit your application for Missouri's Next-Generation Jobs Team, and link to your tomorrow – today!

This opportunity is only available between May 1 and September 30, 2009

so register today! Use the simple on-line application at www.transform.mo.gov/summerjobs/ or call 1-800-592-6020.

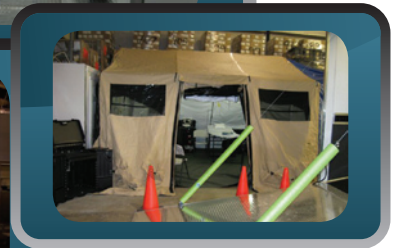
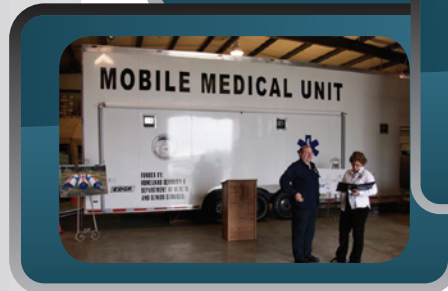
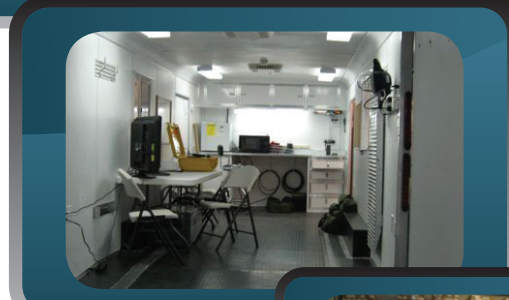
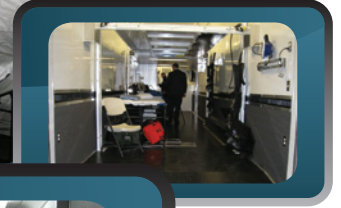


NEXT-GENERATION JOBS TEAM

Taney County is Home to a New Mobile Hospital

When a tornado, earthquake or other disaster strikes, hospitals can be destroyed or knocked out of commission. With funding from the U.S. Department of Homeland Security, Missouri officials acquired a mobile medical unit capable of turning into a 50-bed hospital. The unit will be housed in Taney County but is ready to respond to natural or man-made disasters anywhere in the state.

Trucks are used to move the nearly \$1 million medical unit to the scene of the disaster and tents are used to expand it into a full 50-bed hospital. Equipment for the unit is kept in three separate areas of the state.



Never 
leave a child alone in a car.

Cars are not babysitters, and your children should never be left unattended in one. That's especially true when it's hot outside. The temperature in a vehicle can reach more than 100 degrees on a mild day, so when it's really hot it can be deadly for a child within minutes. Rolling down the windows is not enough protection. Short of causing death, sitting in a sweltering car exposes children to the risks of heat stroke. They may suffer high fever, dehydration, seizures or stroke.

Follow these tips to keep your kids safe:

- ☐ Warn your kids about playing in the car without adult supervision.
- ☐ Always lock your car and secure the keys.
- ☐ Install a trunk release mechanism.
- ☐ Get your kids out of the car first, before groceries or other items.
- ☐ Place a reminder of your child in the front seat or on the dashboard so you won't forget them if they've fallen asleep in their car seat.
- ☐ If you see a child alone in a car, call 911.
- ☐ When a child is missing, check inside the car and trunk of any nearby vehicles.

*Not even
for a minute!*

Basics for Eating Missouri FISH

Fishing is one of Missouri's most popular recreational activities. Eating the fish you catch can have numerous health benefits. Fish is low in cholesterol and a good source of high quality protein. It contains heart healthy fatty acids as well as other essential nutrients. Incorporating fish into your diet on a regular basis can help decrease your risk for heart disease.

Despite all the benefits, there are things you should know to make sure you're not putting your health in danger by eating too much of certain types

of fish. Environmental contaminants can make some species unsafe to consume. Through the Department of Natural Resources and the Department of Conservation, Missouri evaluates the level of contaminants in the state's fish at various lakes, ponds, rivers and streams. After years of research, these groups have come up with some general guidelines to



follow when planning to make a meal with Missouri fish.

Start by looking at the size of the fish. Smaller fish tend to have lower levels of contamination than larger fish. Release the big fish back into the wild, after you've taken your photo with them of course. Watch out for posted warnings at your fishing site.

When you prepare fish for cooking, fillet the fish and carefully cut away fatty tissue and bone. Some chemicals are most highly concentrated in those areas. Don't eat fish eggs. They are high in fat and can contain contaminants. If you deep fry your fish, don't reuse the oil. And don't use the juices that drip from fish that is baked, grilled or broiled on a rack.

You can read more about safe fish consumption by finding the 2009 Fish Advisory online at the Department of Health and Senior Services website. www.dhss.mo.gov.



Correcting Health Myths

There is no scientific evidence that supports the myth that stress will turn your hair gray. It's much more likely genetics.

BeSunSmart



Sunburns hurt. But that's not the only reason you don't want to get one. Besides being the main culprit for wrinkles and age spots, over exposure to the sun is the number one cause of skin cancer. Follow these tips to have a good time outdoors while protecting your skin:

- ✓ **Apply sunscreen of SPF 15 or higher** 30 minutes before sun exposure and more than once if you're spending a lot of time outside.
- ✓ **Wear sunglasses with UV protection.** There should be a sticker on the lens with that information.
- ✓ **Choose a wide brimmed hat** that will protect your face.
- ✓ **Be especially vigilant** during peak UV radiation hours of 10a.m. to 3p.m.
- ✓ **Don't let clouds fool you.** You can burn on an overcast day.
- ✓ **Take a look at your shadow.** If it's shorter than you are, hit the shade for sun safety.
- ✓ **Avoid tanning beds.**

ONE MINUTE WORKOUT:

A minute is all you need for this quick break from your sit down job.

Do ten reps of each of the following while seated:

- Lift right knee, flex foot and kick leg forward
- Lift left knee, flex foot and kick leg forward
- Use left leg only, stand up, sit down
- Use right leg only, stand up, sit down
- Hands rest on abs, squeeze and release

Preventing Bone Loss

Osteoporosis is the loss of bone tissue and it can make you much more susceptible to fractures. Some risk factors for osteoporosis are out of your control, but here are some you can change:

- Get enough calcium. This can be in the form of milk or foods that contain calcium, or by supplementation.
- Quit smoking.
- Maintain a healthy weight.
- Cut down on caffeine.
- Exercise.

Missouri WIC Changes

Change is coming to Missouri WIC October 1, 2009

The Missouri Supplemental Nutrition Program for Women, Infants and Children (WIC) is altering the types and amounts of foods participants receive. These changes, which will impact over 148,000 Missourians every month, aim to improve the diets of WIC participants. WIC provides nutritious supplemental foods to low-income pregnant, breastfeeding, and postpartum women, infants, and children up to age five. The program also provides nutrition education and referrals to health and social services.

It has been almost 30 years since major changes were made to the foods WIC offers. WIC food packages were first designed in 1974 to supplement participants' diets with foods rich in vitamins A and C, calcium, iron, and protein. These nutrients were lacking in the diets of the WIC target population. Since then, the

target WIC population has become more diverse with different food preferences and customs. Research has also provided new insight on what foods should be included in a healthy diet. The new packages are based on a careful scientific review of the nutritional needs of the WIC population and current dietary recommendations. Missouri WIC will implement these changes October 1, 2009.

Key goals of the new WIC food packages are to:

1. Promote and support the establishment of successful, long-term breastfeeding.
2. Provide WIC participants with a wider variety of foods including fruits, vegetables and whole grains.

3. Accommodate the cultural food preferences of program participants.

These revisions were needed to match the WIC food packages with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics (AAP). As a result, foods included in the new packages are lower in fat and cholesterol, higher in fiber and limit added sugar and sodium. In addition, the introduction of solids for infants is delayed until 6 months. A summary of the key changes is provided below. For more information about the upcoming changes please visit <http://www.dhss.mo.gov/wic/FoodPackages/>.

Key Changes

Breastfeeding Promotion

- Fully breastfeeding mothers receive the most variety and largest quantity of food to encourage exclusive breastfeeding.
- Fully breastfeeding infants over 6 months receive infant food meats and more infant food fruits and vegetables.

New Foods

Women and children will receive:

- Fresh and frozen fruits and vegetables
- Whole grains (choice of cereals, whole wheat bread, whole wheat and soft corn tortillas and brown rice)
- All infants will receive infant food fruits and vegetables.
- Fully breastfed infants will receive infant food meats.

New Alternatives

- Soy beverage and tofu may be issued in place of milk, if authorized.
- Canned beans will be offered in place of dry beans.
- Breastfeeding women will be able to choose either canned salmon, sardines or canned tuna.

New Quantities

- Quantities of milk, eggs, juice and cheese are reduced for women and children.
- Juice is eliminated for infants.
- Quantities of infant formula are reduced for breastfed and older infants.





KIDS HEALTH TIP

Soda is a quick and convenience drink. But when given a choice, pick another liquid to quench your thirst.

Here are a few reasons why:

- With all the sugar in soda, tooth decay can be a problem.
- Soda is loaded with extra calories, which can make you gain weight.
- Lots of sodas contain caffeine which can cause the shakes or irritability.
- By choosing soda, you may be missing out on drinks that contain calcium, which your bones and teeth need to be strong.

For questions or comments about this publication, please contact the Missouri Department of Health and Senior Services,

Office of Primary Care and Rural Health at 800-891-7415

A Healthy Recipe for

Summer

Fresh Fruit Pizza

Nothing says summer like the taste of fresh fruit. And everyone likes pizza. So we've combined the two for a healthy dish that will satisfy your sweet tooth.

- 1 (18oz.) pkg refrigerated cookie dough
- 1 (8oz.) pkg cream cheese, room temperature
- 3 Tsp sugar
- 1/2 tsp vanilla extract
- Fresh berries, banana slices, orange slices, grapes, melon pieces
- 1/2 cup fruit preserves
- 2 Tsp water

Preheat oven to 375 degrees

Line an ungreased pizza pan with the dough. Cut in 1/8 inch slices, slightly overlapping.

Bake 12 minutes or until light brown: remove and cool.

In a medium bowl, combine cream cheese, sugar and vanilla extract. Spread that over cookie crust. Arrange fruit on top.

In a small saucepan, over low heat, make a glaze by heating preserves and water.

Brush glaze over fruit, especially dark pieces, and refrigerate until ready to serve.